

Activity Log

It is recommended that every child get at least 30 minutes of exercise, 5 days per week. Use this activity log to track your child's activity and see if he/she is meeting this goal. Give each day that your child is active for at least 30 minutes a checkmark.

Week	Day 1	Day 2	Day 3	Day 4	Day 5
1					
2					
3					
4					
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